

## STUDENT SESSION: USE YOUR VOICE, USE YOUR BODY

*“Find a place of power and be in it—whether you’re gonna stand there and be in it or sit here and be in it—but find that place of power and lock in and lock in on the target.”*

—Samuel L. Jackson

### CHAPTER REVIEW

Sam analyzes the student actors’ choices of power positions when playing Danny and how movement and stillness can each convey power in a different way. Sam observes that when the students played Farley, they expressed more nervousness than pain. He challenges them to reach deeper into the relationship between Farley and Danny, which will then bring to light the devastation that Farley actually feels. Farley also takes into account his environment (being surrounded by other officers, etc.), which immediately gives him a sense of being inhibited. Remember that what your character wants will dictate how they physically hold themselves in a scene. Sam demonstrates how posture works on each side of the phone as each character is pushed to their individual limits, which also shows their growing difference in high and low status.

### TAKE IT FURTHER

- Sam learned acting fundamentals like power positions, positions of weakness, movement, and voice during his stage career. Find a local theatre company or college theater and volunteer to work in the box office or help build sets—any way you can get involved is great! Talk to the other actors about where they got their training and how they continue to grow and shape themselves as artists.

### ASSIGNMENT

- Find your position of power, or your status. Return to your chosen script and find a scene in which one character (it doesn’t have to be yours) is controlling another character. Rehearse with status in mind, and notice how it changes your posturing and positioning in the scene, and how it changes your relationship as a whole. Act it out with a partner and record your performance. Notice what shifted and how that maybe changed the response of your partner.? Post what you did in [The Hub](#) and ask your classmates for feedback.

11.

## NOTES

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.